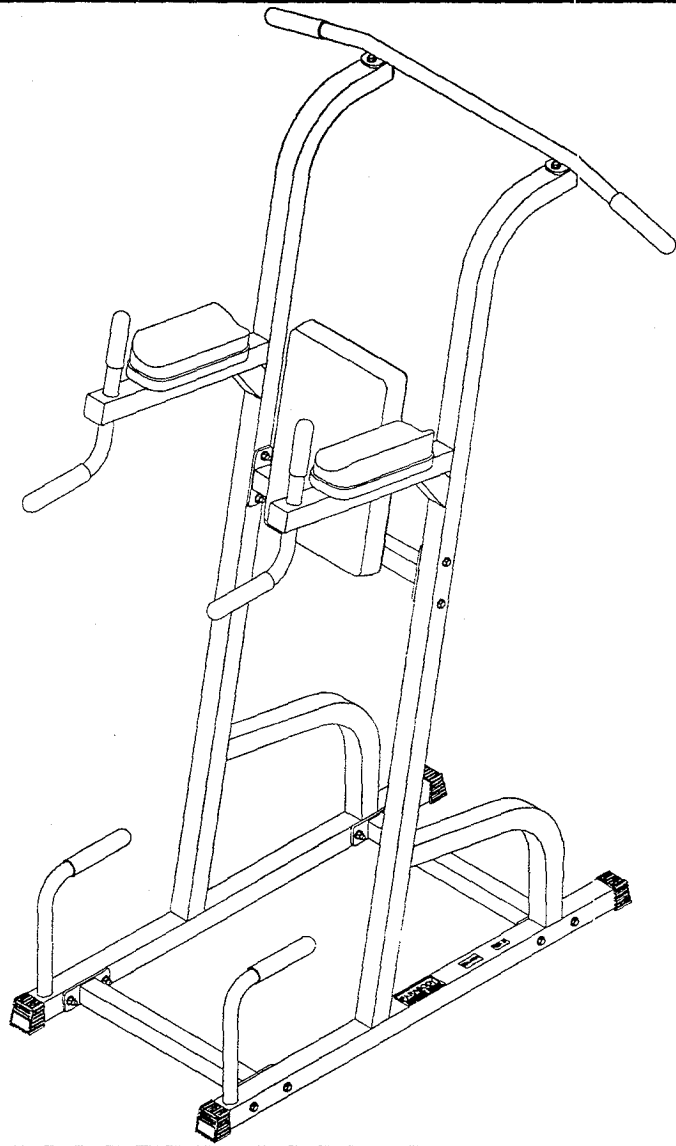


# PARABODY

## *Serious Steel*

813102 VKR/CHIN/DIP

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### ASSEMBLY INSTRUCTIONS

## IMPORTANT NOTES

WELCOME TO THE WORLD OF **Serious Steel!**

### Please note:

- \* Thank you for purchasing the Parabody 813102 VKR/CHIN/DIP. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

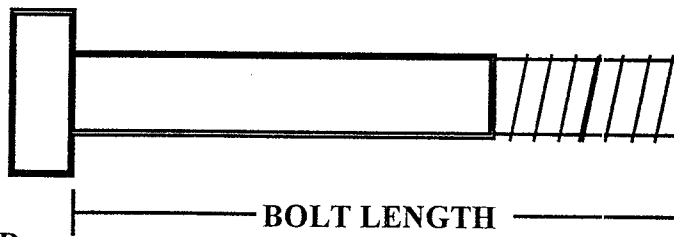
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.

## Tools Required for Assembly

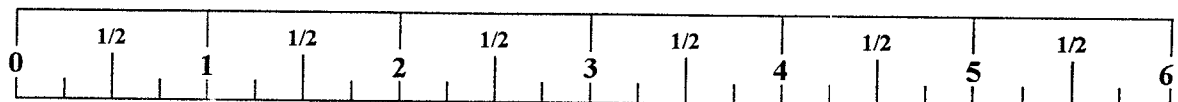
- \* 9/16" wrench
- \* Ratchet with 9/16" socket
- \* Adjustable wrench
- \* Hammer
- \* Tape measure

## Bolt Length Ruler

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**

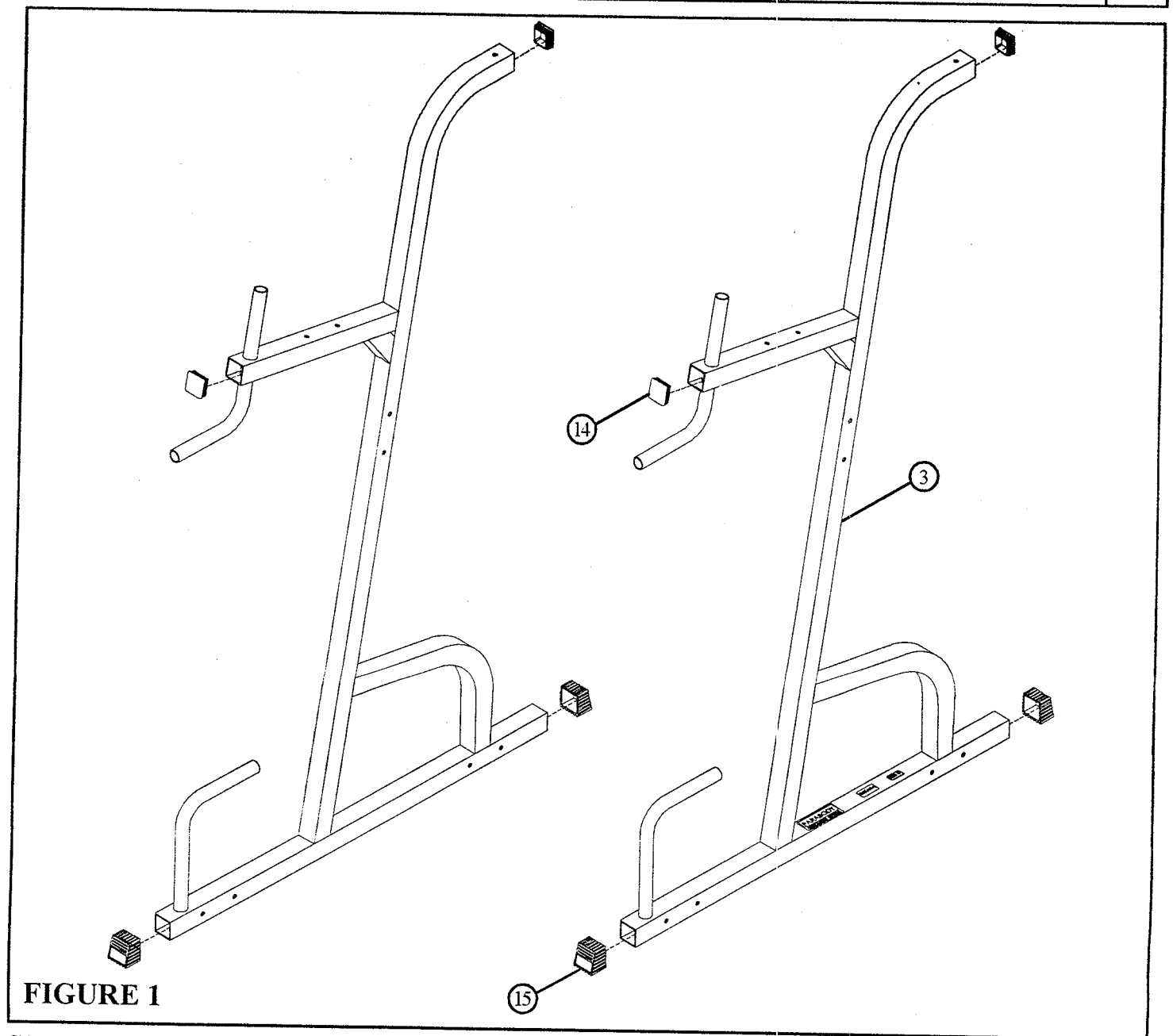


**BOLT LENGTH RULER:**



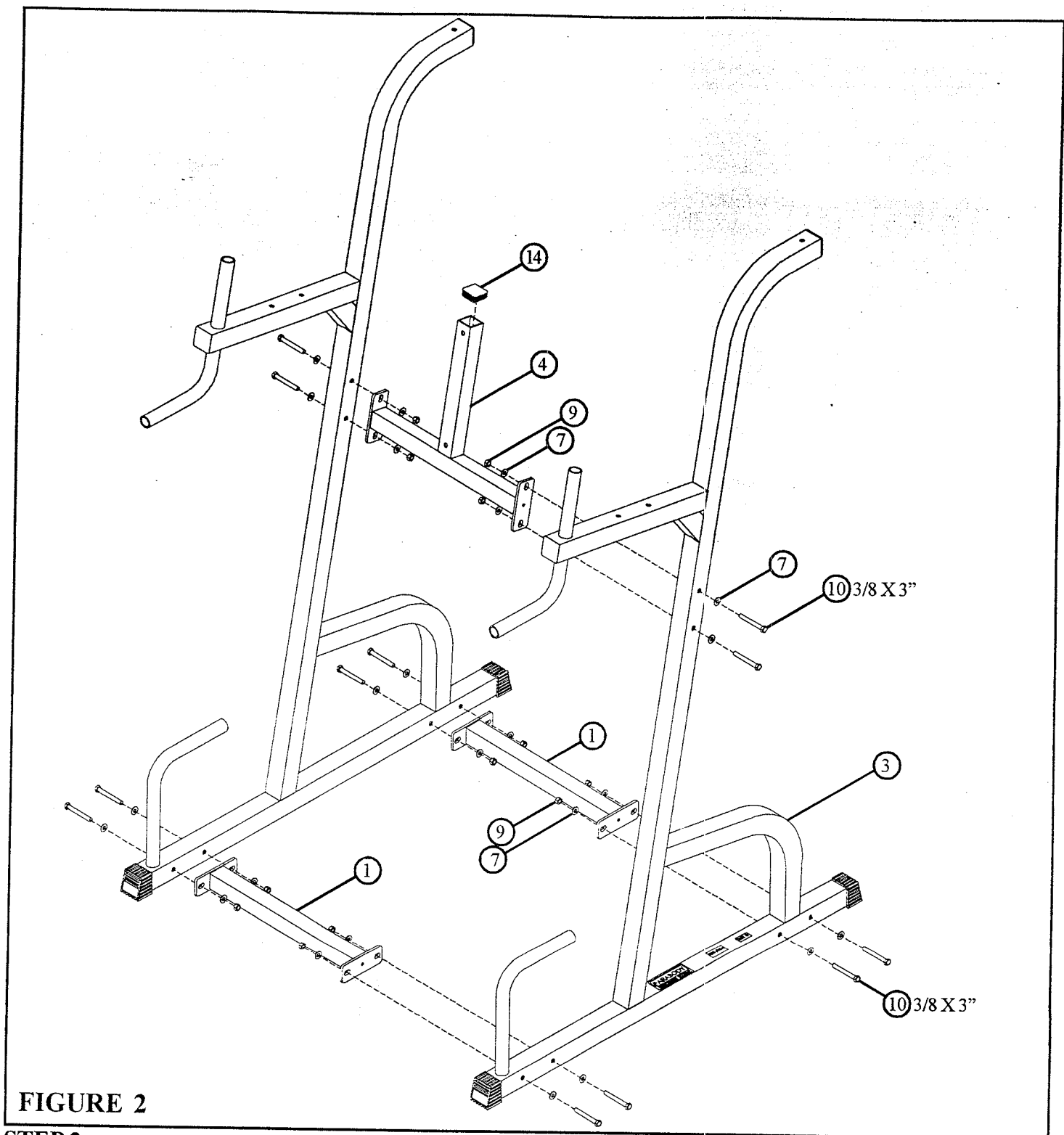
## PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6102303	BASE CONNECTOR	2	9	3102802	3/8" LOCK NUT	14
2	6480003	CHIN BAR	1	10	3102904	3/8 X 3" BOLT	20
3	6480503	VKR SIDE	2	11	3103101	1-1/4 X 5" GRIP	2
4	6480903	UPPER BACK SUPPORT	1	12	3103103	1-1/4 X 7" GRIP	6
5	6665902	BACK PAD	1	13	6236701	1-3/4" SQ. END CAP	1
6	6752702	ARM PAD	2	14	6405201	2" SQ. END CAP	4
7	3102501	3/8" FLAT WASHER	34	15	6467001	2" SQ. COVER CAP	4
8	3102601	3/8" LOCK WASHER	6				



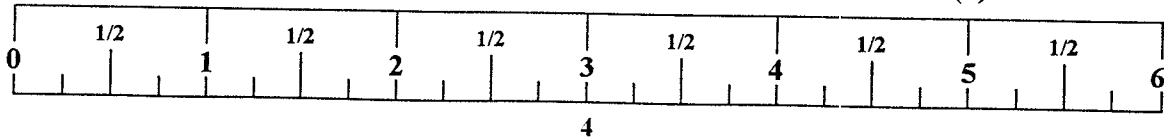
### STEP 1:

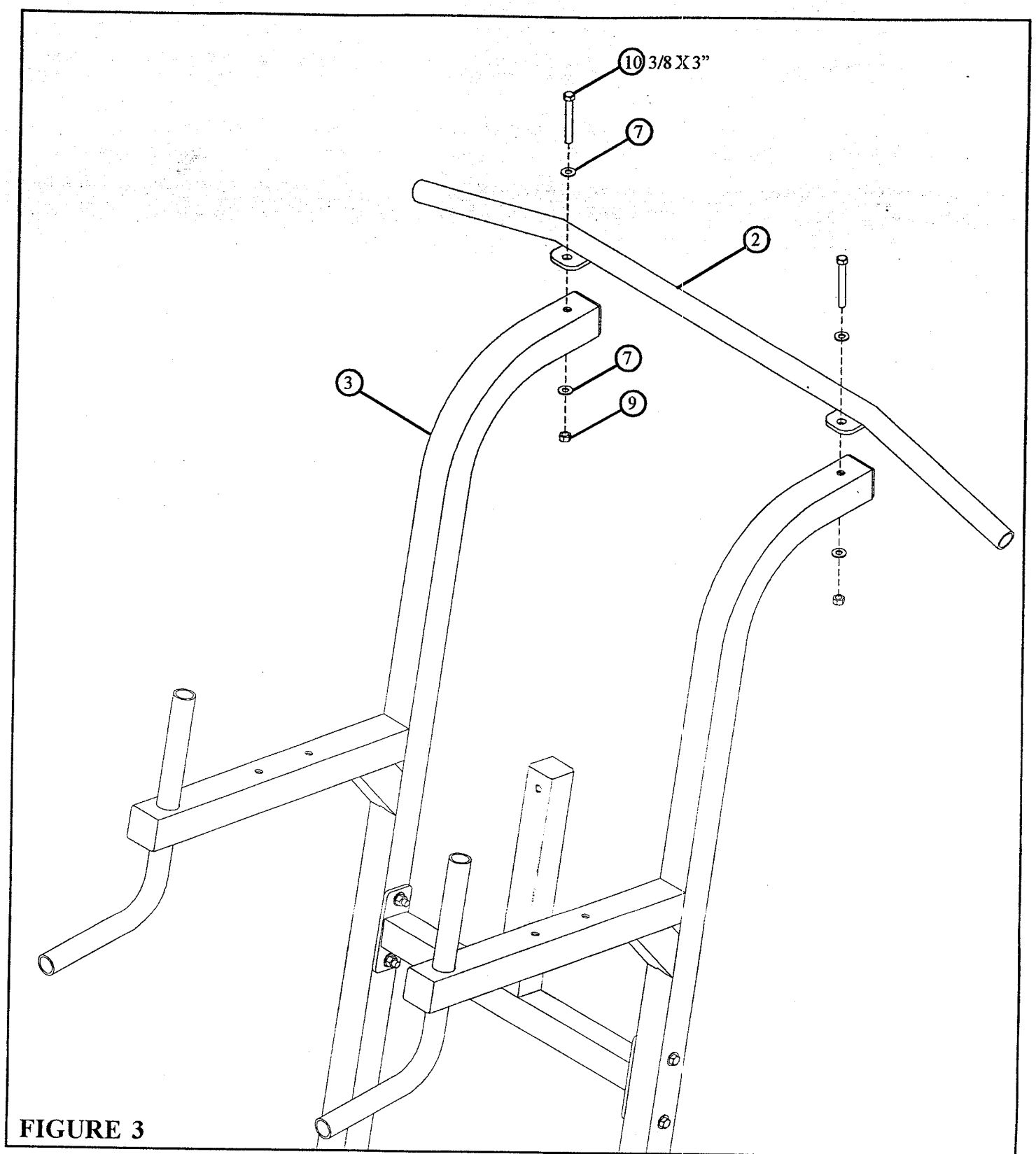
- Insert four 2" SQ. COVER CAPS (15) into the ends of the VKR SIDES (3) as shown in FIGURE 1.
- Insert four 2" SQ. END CAPS (14) into the the ends of the VKR SIDES (3) as shown in FIGURE 1.



**STEP 2:**

- **LOOSELY** assemble the UPPER BACK SUPPORT (4) to the VKR SIDES (3) using two 3/8 X 3" BOLTS (10), four 3/8" FLAT WASHERS (7), and two 3/8" LOCK NUTS (9) as shown in FIGURE 2.
- **LOOSELY** assemble the two BASE CONNECTORS (1) to the VKR SIDES (3) using eight 3/8 X 3" BOLTS (10), sixteen 3/8" FLAT WASHERS (7), and eight 3/8" LOCK NUTS (9) as shown in FIGURE 2.
- Insert one 2" SQ. END CAP (14) into the the end of the UPPER BACK SUPPORT (4) as shown in FIGURE 2.

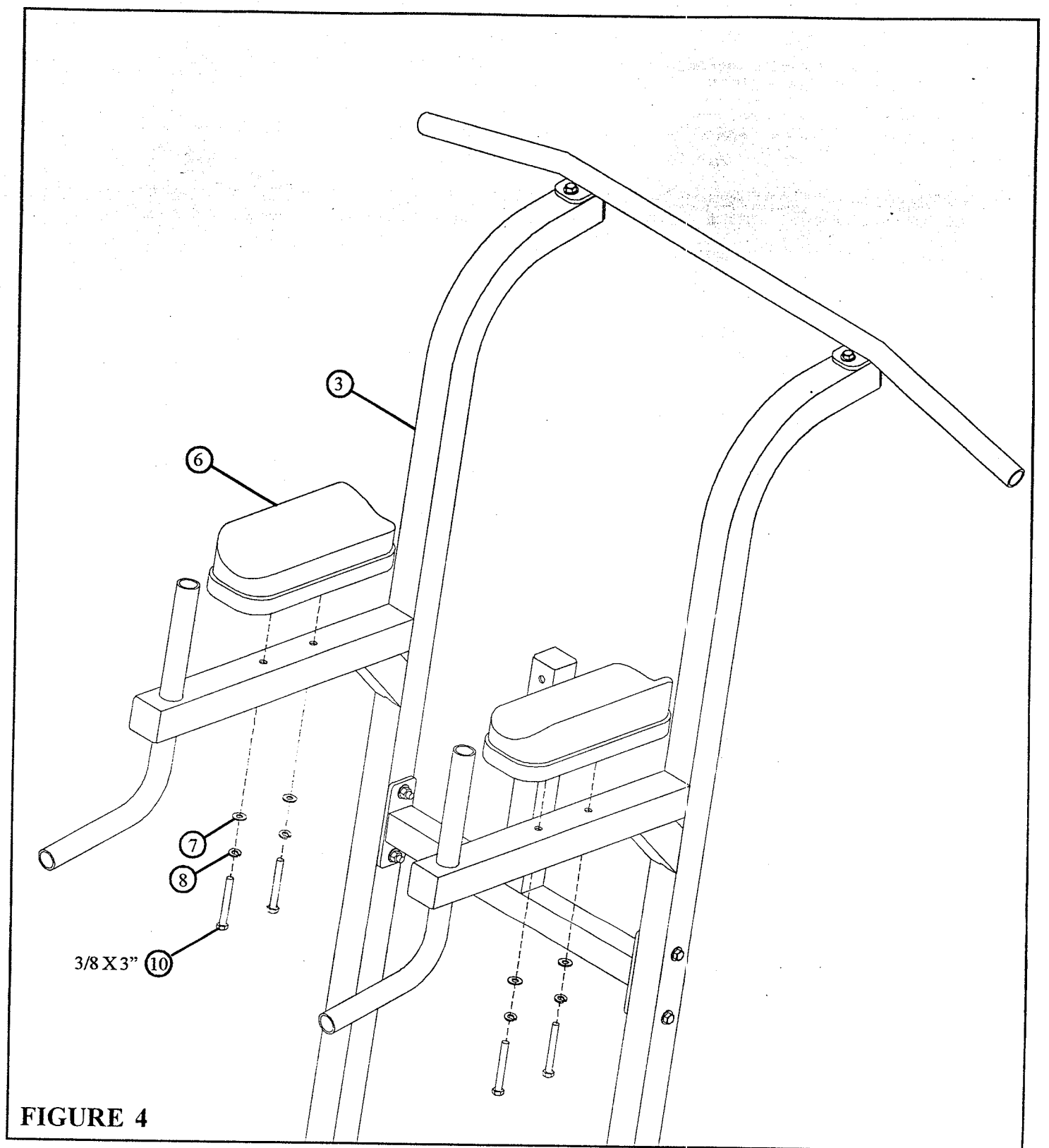




**FIGURE 3**

**STEP 3:**

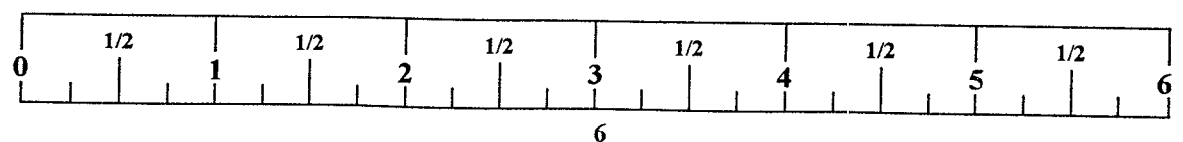
- **LOOSELY** assemble the CHIN BAR (2) to the VKR SIDES (3) using two 3/8 X 3" BOLTS (10), four 3/8" FLAT WASHERS (7), and two 3/8" LOCK NUTS.
- **SECURELY** tighten all connections made up to this point.

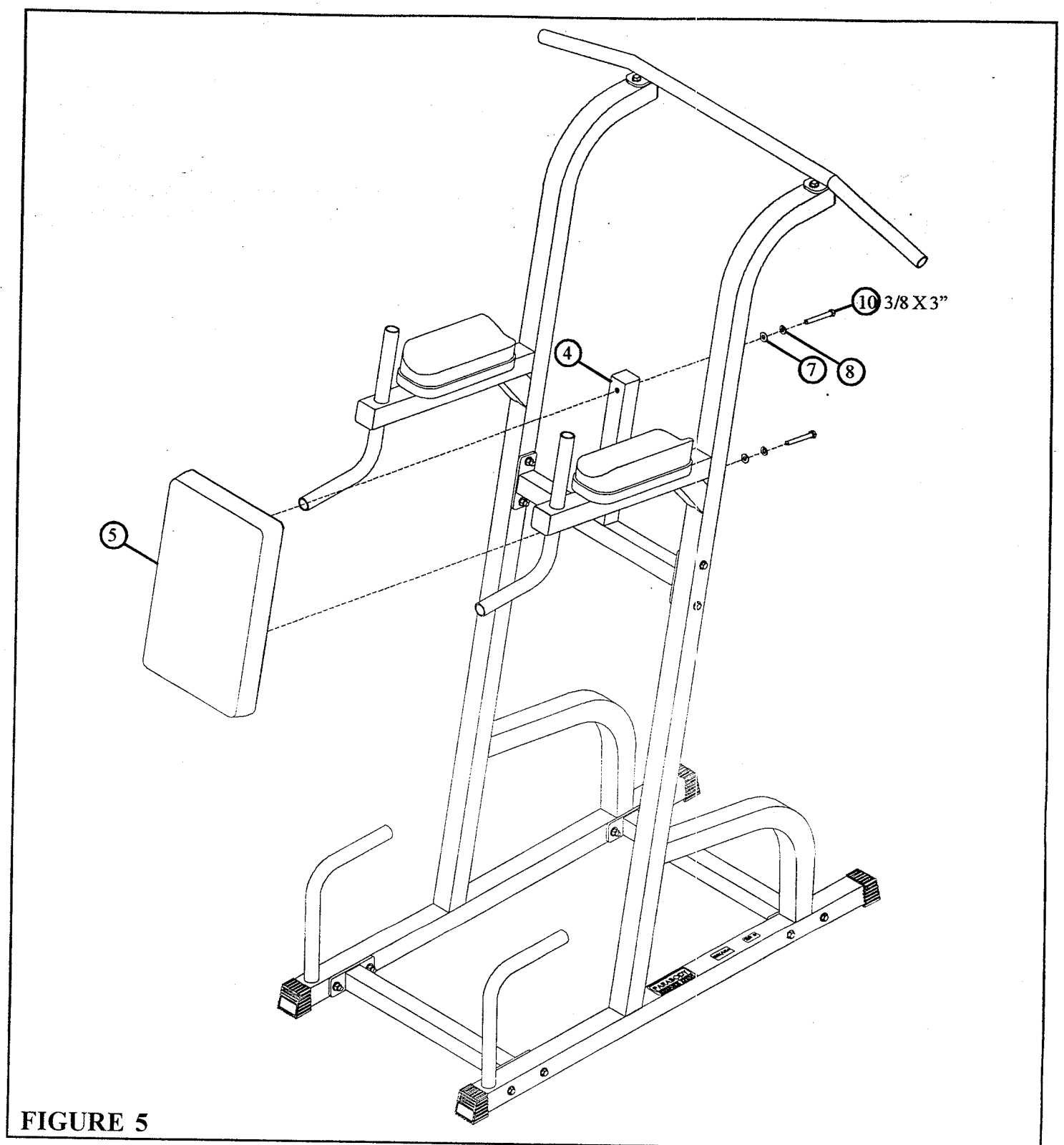


**FIGURE 4**

**STEP 4:**

- **SECURELY** attach two ARM PADS (6) to the VKR SIDES (3) using four 3/8 X 3" BOLTS (10), four 3/8" LOCK WASHERS (8), and four 3/8" FLAT WASHERS (7) as shown in FIGURE 4. (**NOTE: Place the high side of ARM PAD toward the outside.**)

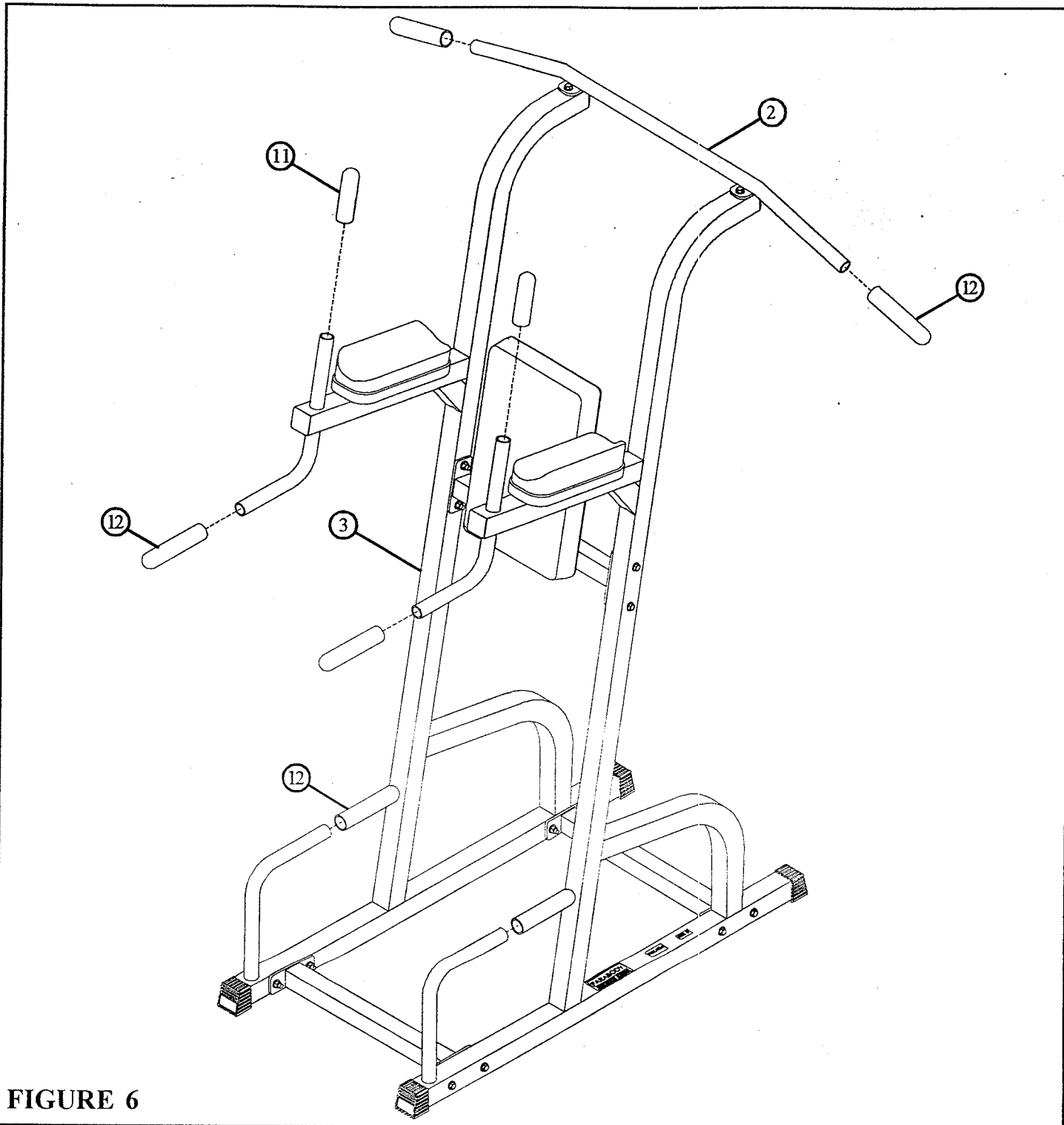




**FIGURE 5**

**STEP 5:**

- **SECURELY** assemble the BACK PAD (5) to the UPPER BACK SUPPORT (4) using two 3/8 X 3" BOLTS (10), two 3/8" LOCK WASHERS (8), two 3/8" FLAT WASHERS (7) as shown in FIGURE 5.



**FIGURE 6**

**STEP 6:**

- Slide six 1-1/4 X 7" HANDLES (12) over the HANDLES of the VKR SIDES (4) and the CHIN BAR (2) as shown in FIGURE 6.
- Slide two 1-1/4 X 5" HANDLES (11) over the ARM PAD HANDLES of the VKR SIDES (4) as shown in FIGURE 6. (NOTE: Rubbing alcohol can be used on the inside of the grips to make them slide on easier.)

**Thank you for purchasing the Parabody 884101 SAFTEY RAIL ATTACHMENT. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**

